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Quadrilateral  $ABCD$  is a parallelogram. If adjacent angles are congruent, which statement must be true?

- A Quadrilateral  $ABCD$  is a square.
- B Quadrilateral  $ABCD$  is a rhombus.
- C Quadrilateral  $ABCD$  is a rectangle.
- D Quadrilateral  $ABCD$  is an isosceles trapezoid.